Job Description

JOB TITLE: CT1-3 Psychiatry Trainee – Early Intervention in Psychosis

DIRECTORATE: Children and Young People’s Division

REPORTS TO: Dr James Fallon - Consultant Psychiatrist (Educational Supervisor)

RESPONSIBLE TO: Service Director - Children and Young People via Clinical Lead EIP

PAY BAND: CT1-3

LOCATION: New Park House, North St Horsham West Sussex RH12 1RJ

HOURS OF WORK: 40

ON CALL RESPONSIBILITY: Yes

DISCLOSURE REQUIRED: Yes

JOB OUTLINE:

**Early Intervention**

Early Intervention in Psychosis is a multi-disciplinary, outpatient service based in New Park House, Horsham. It is located in Horsham Town Centre, has links with CAMHS, Primary and Secondary Care adult psychiatric services, including crisis resolution and (adolescent/adult) in-patient units. Horsham EIP comprises of a well established multi-disciplinary team providing a mental health service for adolescents and young people (14 -35 years of age) resident in the Horsham/Crawley region. EIP is a pan Sussex service, with 5 teams across the county. There are strong academic links with both universities and the medical school, as well as other national and international research groups. The team has a Consultant Psychiatrist, Clinical Psychologists, STR worker, pharmacist and Generic EIP clinicians (RMNs, occupational therapist or social worker). Work will be based both in clinic and community settings, with liaison with in-patient units. The service is well supported by the Service Manager and administrative staff.

Responsibilities:

Clinical Work:

- The trainee will spend 8 sessions a week in clinical training in Early Intervention in Psychosis/Youth Psychiatry at CT level, 1 session for academic programme/psychotherapy case and 1 session dedicated to the MRCPsych course.
- The trainee will be carrying out Outpatient assessment of patients and their families presenting with First Episode Psychosis/At Risk Mental State including a wide range of mental health and substance misuse problems of varying complexity, requiring a multi-disciplinary comprehensive assessment.
- and will have the opportunity to assess patients in Gatwick Immigration Removal Centres.
The trainee will take an active role in assessment, investigation, treatment and follow-up of young people referred to the EIP team by primary care, CAMHS and adult psychiatric services, third sector organisations, Education and Social Service agencies. Self and family referral are also commonplace.

The trainee will be exposed to a broad range of psychiatric disorders occurring in adolescents and young people and working age adults. Interventions include psychopharmacology, CBT, family work and other psycho-social approaches.

Experience in other relevant disciplines including liaison with inpatient unit for children and adolescents – Chalkhill Unit, the Urgent Help Team, Substance Misuse Team and Youth Offending Team and the Adult Neurobehavioural Service.

The trainee will be undertaking these duties under regular supervision and support from Dr Fraser, the Educational Supervisor and Clinical Supervisor.

The trainee is expected to maintain patients’ notes/electronic record to very high standards, write GP/other letters and work closely with the multi-disciplinary team.

The trainee will be responsible for physical health monitoring together with the MDT

**Supervision and Support:**

The trainee will receive regular supervision from Dr Fraser, the Educational Supervisor and Clinical Supervisor. He/she will be introduced to all aspects of Early Intervention/Youth psychiatry and a broad range of adolescent/youth and chronic mental health problems. He/she will receive tutorials, will be introduced to NICE Guidelines and is expected to attend the local MRCPsych Course. The trainee is expected to learn reflective practice in the context of clinical work and multi-disciplinary team work under the guidance of the supervisor.

**Research/audit:**

These are encouraged as part of the trainee’s placement. The trainee should discuss and plan an appropriate research/audit project as soon as he/she commences in the post. The trainee will be introduced to the process of obtaining ethical approval by making links with the Trust R & D Department as appropriate.

**Postgraduate teaching:**

- The trainee is expected to attend the local MRCPsych Course regularly.
- The trainee is expected to attend the Trainees Forum, Psychodynamic psychotherapy seminars and Balint Groups as part of postgraduate training.
- Attendance at Postgraduate teaching sessions is essential and forms a mandatory part of training.

**Training aims:**

This placement will try to address the trainee’s research, clinical and educational needs.

The trainee will acquire knowledge and skills in:

- Carrying out a full comprehensive assessment of First Episode Psychosis, ARMS and severe enduring mental illnesses.
- Comprehensive assessment of young person’s and working age adults’ mental state.
- Multi-axial framework for diagnosis of mental health problems.
- Experience in liaising with mainstream and special schools, working in liaison with Social Services, CAMHS/WAMHS, acute service, Substance Misuse services and the Youth Offending Team.
- Use of psychopharmacological agents in young people and working age adults with severe enduring mental illness.
- Knowledge and skills in application of CBT for psychosis.
- Current mental health and social care/family legislation pertaining to adolescents and young people.
- Role of various agencies involved in dealing with adolescents and young people.
- Contributions of the voluntary sector.
- Evidence based practice in youth psychiatry.
- Teaching skills and presentation skills.
- Research skills.
- Literature search.
- Publication skills.
- Knowledge and skills in application of various psychotherapeutic interventions.

**Timetable:**

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<tr>
<td>a.m</td>
<td>Clinical work EIP Horsham &amp; supervision</td>
<td>Clinical work EIP Horsham</td>
<td>Psychotherapy case</td>
<td>MDT meeting <em>(MRCPsych course</em></td>
<td>Clinical work EIP Horsham</td>
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<td>p.m</td>
<td>Clinical work EIP Horsham</td>
<td>Clinical work EIP Horsham</td>
<td>Academic Programme</td>
<td>Clinical work EIP Horsham <em>(MRCPsych course</em></td>
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* Attendance at the MRCPsych Course fortnightly

**Resources and support:**
- Multi-disciplinary team with clinical psychologists, occupational therapists, clinical specialist nurses, social workers, family therapists.
- Access to medical library facilities.
- Access via clinical workstation to the Trust’s Executive Information System (including Medline).
- Weekly supervision.
- Support from Educational Supervisor for design and carrying out of a good research project (as appropriate).
- Experience in carrying out audit projects.